



CERT



NASSAU COUNTY

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

MONTHLY NEWSLETTER

July 2023

Exposure to Smoke from Wild Fires

Wildfires Affecting New York State - June 2023

Wildfires burning in Canada are affecting air quality across New York State. As long as wildfires continue, conditions can change with wind direction and weather so check latest air quality at airnow.gov and follow the tips below when air quality is unhealthy.

When Air Quality is Unhealthy

- Stay indoors with windows closed. This is the best way to avoid health effects. This is especially important for at-risk groups (“sensitive populations”), like young children, older adults, people with respiratory or heart problems, and those who exercise or do strenuous work outdoors.
- For people who spend time outdoors, wearing a well-fitting face mask is recommended.
- If it gets hot inside, cool off with air conditioning if you can. [Find a place to get cool.](#)
- People with any symptom should contact their health care provider.

When Outdoors

- If you need to be outside use the best well-fitting face mask you have on hand. A [N95](#) or KN95 will work best.
- Visit airnow.gov for the most up-to-date information for your area.

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COUNTY, STATE
&
FEDERAL
ONE TEAM

Workers

- Long work schedules and the physical demands of work performed outdoors can affect a worker's health when air quality is unhealthy. Take frequent breaks and talk to your employer about adjusting your work until air quality improves. Follow advice from [NIOSH](#).

Schools and Child Care Providers

- Continue to monitor air quality at [airnow.gov](#).
- New York State recommends that schools and child care providers suspend outdoor activities and field trips when air quality is unhealthy.
- Children who spend time outdoors should wear a well-fitting face mask.
- When air quality is good, resume normal activities and masking is not necessary.

Filtering Air in Your Home

- If your cooling system brings fresh air into the home, close the fresh-air intake so that it operates in recirculation mode to prevent outdoor smoke from getting inside.
- If you have one, consider using an air cleaner or an air conditioner that recirculates indoor air. This can greatly reduce indoor particle levels to further reduce impacts from smoke.
- You can run stand-alone fans to recirculate in the home, but avoid using whole house fans because they draw in air from outside.
- Window or portable air conditioners are good to use if they recirculate air (check your user's manual).

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- If you have a central air conditioning and heating system, set the system to “on” so air is filtered constantly, rather than “auto,” which runs the system intermittently.
- Consider installing a high-efficiency filter (MERV 13 rating or higher) if your system can handle it based on the manufacturer’s recommendation.
- When air quality is good, you can open windows and doors and use fans to bring in fresh air.

For the most up-to-date air quality information for your area, visit airnow.gov.

Air Quality Index	Who is at risk?	What to do?
Green: 0 to 50 Good	Air quality is good.	It's a great day to be outside.
Yellow: 51 to 100 Moderate	People unusually sensitive to air pollution.	Air quality is acceptable. Consider making outdoor activities shorter and less intense. If you are coughing or have shortness of breath take it easier. Everyone else: It's a good day to be active outside.
Orange: 101 to 150 Unhealthy for Sensitive Groups	Sensitive (at-risk) group: people with heart or lung disease, older adults, children and teens, minority populations and outdoor workers.	Sensitive group: Make outdoor activities shorter and less intense. Take more breaks. Keep medicine handy. Everyone else is less likely to be affected.
Red: 151 to 200 Unhealthy	Everyone	Sensitive group: Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors. Everyone else: Reduce long or intense outdoor activities. Take more breaks.
Purple: 201 to 300 Very Unhealthy	Everyone: Health Alert	Sensitive groups: Avoid all physical activity outdoors. Reschedule or move activities indoors. Everyone else: Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors.
Maroon: 301-500 Hazardous	Everyone: Health Warning	Everyone: Avoid all outdoor physical activities. Sensitive groups: Keep activity levels low at home.



According to the Canadian Interagency Forest Fire Centre, there are more than 510 active fires across the country. Of those fires, 256 were labeled as "out of control".



Radio Amateur Civil Emergency Services (RACES)



Hello from the RACES and CERT Communications. We have been busy doing what we do Communications Training and for 2023 reviewing ICS Forms! Thanks to Murphy's Law we had a few hiccups the last few meetings. But we have as we are trained to do adapted! And that is what was done to keep us on track as best we could. We still have forms to review and a table top exercise to cap it all off with, so don't be shy come on down and see what it is all about!

May 6th was the Long Island Marathon and a few of our CERT's got the chance to use their basic radio skills as they were assigned to the sweeper buses. This gave them the opportunity to operate on the OEM 800 MHz Radio System. As always there is a learning curve especially when you don't use a radio everyday. But overall the CERT's did an excellent job. I know because I was the net controller for this event operating from the OEM Command Bus. Rich DeLucia WRAC644 from OEM was also on hand over seeing the operation as a mobile unit. We thank the CERTs for stepping up and volunteering for the event!

June 1st was our monthly general membership meeting at OEM in the lecture hall. We recapped the Long Island Marathon, discussed being prepared for what looks like a very active hurricane season, continued our ICS training and conducted a Shelter Operations training after the conclusion of the business portion of our meeting. We are prepared and confident our radio operators will come through should Nassau County be subjected to a major weather event this hurricane season.

OK let's turn our attention to the biggest Communications event in Amateur Radio!!

Field Day

What is field day you may ask? Field Day is one of the most anticipated worldwide amateur radio operating events of the year. ARRL Field Day kicks off at 1800 UTC on Saturday, June 24, and concludes at 2059 UTC on Sunday, June 25.

ARRL Field Day is amateur radio's open house -- an opportunity to showcase what amateur radio is all about to the public. Some groups use Field Day as an exercise in emergency preparedness while others treat it as a competition. it's a social gathering where experienced radio operators share their expertise with fellow operators. Field Day is entirely what you make of it. It also gives individuals the opportunity to operate without a license at a GOTA (Get On The Air) station, if available, at a Field Day Site. You will be working with a licensed amateur radio operator in an attempt to make contact with other radio operators throughout the country. if the conditions are right you may be talking to a radio operator from another country. It is a good will event that we all enjoy.

Many of our RACES officers and members took part this year. Some of our officers visited sites run by partner radio clubs and our counterparts in Suffolk County RACES. The weather made it a very challenging event. Even though the atmospheric conditions were not optimal, we were still able to get messages out and receive back replies from station all over the US and even as far away as Australia. Yes, we said Australia. This year helped to prove when all else fails, Amateur radio comes through.



If you SEE Something SAY Something

Word Scramble

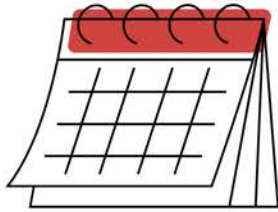
Good luck, and have fun unscrambling these words related to Summer heat safety. Answers are upside down at bottom of page.

1. SDRTHOEAY _____
2. YHTADTIORNE _____
3. NEUSDRCES _____
4. LCOEORAB _____
5. TAREW _____
6. ESHDA _____
7. WSIHM _____
8. FNA _____
9. RTSTKIEOS _____
10. GUSTELNCASSE _____

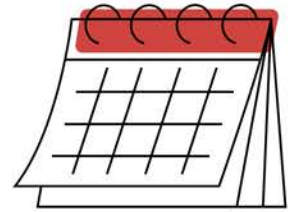
Now, try to unscramble each word. They are all related to staying safe in the heat of summer.

Hint:

1. Something you wear on your head to protect it from the sun.
2. Something you must do regularly to keep your body functioning well.
3. It helps protect your skin from harmful sun rays.
4. This kind of clothing helps reflect the sunlight and keep you cool.
5. Essential to drink in hot weather.
6. A place you seek to avoid direct sunlight.
7. A nice way to cool off during a hot day.
8. This helps circulate air and make the heat more bearable.
9. A symptom of too much heat.
10. A substance you should apply to avoid sunburn.



Planned Events



September 22nd - Fire Service Academy (FSA) Training Day

This event will be held at the Nassau County Fire Academy in Bethpage on September 22nd. This will be a training exercise for medical professional from the Medical Center (NUMC). CERT members participated in this event last year and it was a big success. So much so that the Doctor in charge requested the use of our CERT team once again. They are looking for approximately 30 CERT members to volunteer to play victims of an active shooter situation. We will provide more information and send out an official request as it gets closer to the event.

Nassau County

News

Sink-Hole Opens on Grand Ave. in Baldwin



Please send in any photos you have taken of news worthy items or from any CERT events that you have attended and I will select some to be used in the newsletter. Send images to:

rdelucia@nassaucountyny.gov

Thank you.

Calendar of Events

July

S	M	T	W	T	F	S
						1
2	3	Independence Day	5	6 RACES Meeting 7:30pm	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

August

S	M	T	W	T	F	S
		1	2	3 RACES Meeting 7:30pm	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



CERT Division Meetings
7:00pm



RACES Meeting
7:30pm



Independence Day

Important Dates

RACES Meeting - 7:30pm Thursday July 6th, August 3rd

CERT Division Meeting -



NASSAU COUNTY CERT COORDINATORS

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